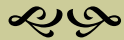

Contact

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Carson City
*Chronic Disease Prevention
and Health Promotion
Presents: PHAT*

Promoting Health Among Teens (PHAT)

Abstinence Only!



PHAT

“Promoting Health Among Teens (PHAT) - Abstinence Only!” is an evidence-based teen pregnancy prevention program open to youth Ages 9-12. PHAT is designed to help youth make healthy choices and avoid obstacles to achieving their goals. PHAT does this by giving youth the tools that make it easier to abstain from sexual intercourse and other risky behaviors.

“Abstinence - Only!”

The Program delivers medically accurate information on many topics, including:

- ☞ The facts about STD, and HIV
- ☞ Pregnancy
- ☞ Changes to the body during puberty
- ☞ Identifying and handling peer pressure
- ☞ How to make abstinence work for youth

Questions about contraceptives...

If questions about contraceptives arise, they are answered with medically accurate information, without negative connotations.

Program Basics:

The 8 one-hour Modules Include:

- ☞ Lectures
- ☞ Group discussion and brainstorming
- ☞ Group activities and games
- ☞ Short videos (4 total)
- ☞ Designed for small groups: 6-10 youths



Modules:

Module 1: “Getting to know you and steps to making your dreams come true”

Module 2: “Puberty and adolescent sexuality”
Includes DVD

Module 3: “Making abstinence work for me”

Module 4: “Consequences of sex: HIV/AIDS”
Includes DVD

Module 5: “Consequences of sex: STD Infection”
Includes DVD

Module 6: “Consequences of sex: Pregnancy”
Includes DVD

Module 7: “Improving sexual choices and negotiation”

Module 8: “Role-plays: Refusal and negotiation skills”

Current Format:

The program is delivered in various locations, and is open to any youth ages 9-12.

Sessions usually run after school. Summer/Winter schedules are flexible and adjusted to school calendar.

A permission slip must be filled out by a parent or guardian and returned before the first day of the session. It may be mailed or faxed to Carson City Health and Human Services prior to the new session.



This publication was supported by the Nevada State Health Division through Grant Number 1101NVAEGP from the Department of Health & Human Services, Administration for Children and Families. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Nevada **State Health Division nor the Department of Health & Human Services, Administration for Children and Families. **

Program Incentives:

\$25 gift card is given to participants at the end of the program.

Youth must complete the entire 8 one-hour Modules to receive the gift card.

Youth may be able to do some make-ups, if the parent or guardian contacts the Program Facilitator to make arrangements ahead of time.